

Defecation Dynamics

HELPING THE BOWEL TO EMPTY

A “seated squat” position helps with emptying your bowels.

POSITION

- Position knees higher than hips. You may need a footstool to raise your feet off the ground to achieve hip flexion above 90 degrees
- Position knees comfortably apart
- Lean forward, keeping your back straight. This helps to relax the pelvic floor muscles, which helps the bowel to empty
- Rest your forearms on your thighs
- Relax the tummy and let it bulge between the legs



“Seated squat” position on the toilet

HOW TO DO IT:

- Put one hand on your hip muscles above your hip bone.
- Make your waist **WIDE** by “bracing” the muscles under this hand.
- Put your other hand on your lower tummy, below the belly button.
- “**Bulge**” your lower abdominal muscles **FORWARD** so the muscles press into your hand. This allows your anal muscles to relax.
- Now put the two movements together. You should feel like a PEAR shape.
- As you do this:
 - Keep the lips open
 - Do a big sigh and breathe out
 - Gently grunt or make a “mooring” sound
- After you have finished emptying your bowels, strongly squeeze your pelvic floor muscles.

Inspired by **You**



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